



OCTOBER 2011 SENIOR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Enchilada Casserole Green Beans W/Peppers Orange Pudding	4 Beef Stroganoff Tossed Salad French Bread Tropical Fruit	5 Chicken Strips Over Linguine Pasta Hi C Salad Wheat Bread Apple	6 Cheese Omelet Obrien Potatoes Wheat Roll Diced Peaches	7 Beef Rib B Q Sliced Carrots Wheat Roll Orange Juice Pear
10 <u>Happy Columbus Day</u> Rigatoni W/Meat Sauce Vegetable Medley Wheat Bread Apple Juice Pineapple Tidbits	11 BBQ Chicken Thigh Brussel Sprouts Hi C Salad Wheat Bread Diced Peaches	12 Polish Sausage Dog Pinto Beans Carrot/Raisin Salad Orange	13 Fettuccini Chicken Alfredo Dill Carrots Salad W/Broccoli French Bread Mixed Fruit	14 Tuna Salad Sandwich On Wheat Bread Broccoli Salad Apple
17 Macaroni And Cheese Mixed Vegetables Tossed Salad Wheat Roll Fruited Jell-O	18 Salisbury Steak W/Gravy Mashed Potatoes Tossed Salad Wheat Bread Apricots	19 Cheeseburger On A Wheat Bun Potato Salad Tropical Fruit	20 Ham And Cheese Sandwich Navy Bean Soup Pear Pudding	21 Sliced Beef w/Gravy Mashed Potatoes Hi C Salad Wheat Bread Diced Peaches
24 Meatloaf W/Gravy Italian Veggies Mashed Potatoes Wheat Roll Mixed Fruit	25 Chicken Thigh W/ Mushroom Sauce Wheat Bread Hi C Salad Apple	26 Sweet & Sour Meatballs Brown Rice Peas & Carrots Wheat Bread Orange	27 Spaghetti W/Meat Sauce Salad W/Broccoli French Bread Pineapple Tidbits	28 Beef & Veggie Stew Broccoli Salad Wheat Bread Pear, Cookie
31 <u>Happy Halloween</u> Chili Con Carne Baby Carrots Wheat Roll Fruited Jell-O	<div>      </div> <div>   </div>			

Funding through: Fresno-Madera Area Agency on Aging

All meals include Low Fat Milk
Non – Senior Rate \$3.50

Senior Suggested Donation: \$1.50